

SPORTS

★ Lunar snowshoe trip

Join Outdoor Recreation for a beautiful moonlight snowshoe trip **Dec. 8**, 5:30-10 a.m. in the Sandia Mountains.

Participants should be in fair shape and children must be at least 12 yearsold.

Cost is \$12 and includes transportation, guide, snowshoe rentals and hot chocolate.

Call 846-1499.

★ Ski trips

Outdoor Recreation is offering the following ski trips:

-Taos Ski Valley, **Dec. 13**, 5:30 a.m.-7 p.m., \$48 (no snowboarders).

-Red River, **Dec. 20**, 5:30 a.m.-7 p.m., \$58.

-Sipapu, **Dec. 27**, 5:30 a.m.-7 p.m., \$60.

All trips include ski/snowboard rental, lift ticket and transportation.

Call 846-1499.

★ Spinning class

Indoor cycling classes are held at the East Fitness Center, **Monday through Thursday** at 6 p.m. and **Saturdays** at 1 p.m.

Call 846-1073.

★ Aerobics class

The East Fitness Center offers a low-impact aerobics class **Mondays, Wednesdays and Fridays** at 9:30 a.m. to replace Water Aerobics until the pool reopens.

Call 846-1073.

Scorpions' Military Appreciation Day

The Scorpions Hockey team is hosting a military appreciation day at their game tomorrow, **Dec. 6** at Tingley Stadium, 7:05 p.m.

To show their appreciation, the Scorpions will don new blue/grey uniforms with a Scorpions flying a fighter aircraft.

Tickets are \$7 a person for active duty, guard, reserve, retired and dependents and must be purchased **today** at Information, Tickets and Travel.

Call 846-2924.

★ "Boot camp"

Recall the glory days of boot camp while getting into shape for the fitness test.

The intense aerobic class includes pushups, sit-ups and other boot camp style exercises.

Classes are **Tuesdays**, 5 p.m., at the East Fitness Center.

Call 846-1073.

★ Handball club

No initiation fees, no dues, no meetings; only competitive handball games.

Courts 2 and 5 are reserved from 11 a.m.-1 p.m. for challenge games. New members are always welcome.

Call 846-2454.

★ Football Frenzy

Football Frenzy is every **Sunday** during football season, 10 a.m., in the Roadrunner Lounge.

Stop by for the game of your choice. There will be plenty of beverages, chow and prizes for

members.

Nonmembers will be charged normal pricing. Call 856-5165.

★ Personal trainers

Two personal trainers are on-call at the East Fitness Center.

James Allison is a Certified International Fitness Professional Association member and Diane Cabral is a Certified National Strength and Condition Association Personal Trainer.

Fee for consultations is \$25 an hour. Call 846-1102.

★ Golf or lunch

The Tijeras Arroyo Golf Course Snack Bar offers a 10 percent discount on lunch **Mondays**, 10 a.m.-2 p.m.

Call 846-1574.

★ Combat Club

Close Quarter Combat club meets **Tuesdays and Fridays** at the Rio Grand Community Center from 11 a.m.-noon.

Learn real-world hand, stick and knife combatives in this class of street fighting survival strategies.

Call 846-9148.

★ Lunch Crunch

The East Fitness Center has the Lunch Crunch, **Mondays, Wednesdays and Fridays**, 12:30-1 p.m.

The aerobics class focuses on abs, thighs and glutes. Call 846-1102.

★ Pro shop discounts

Spend \$25 or more in the Tijeras Arroyo Pro Shop on merchandise and draw for your chance to receive 10-25 percent off listed price.

Call 846-1574.

★ Basketball starts

Intramural and Over-30 Basketball Season begins **Dec. 8**.

Call 846-1102.

★ Air Force sports

If you excel in boxing, bowling, cross country, golf, fencing, rugby, shootoing, tae kwon do, track and field, triathlon, wrestling, marathon or men's and women's basketball, soccer, softball or volleyball, consider the Air Force Sports Program.

Visit <https://www-r.afsv.af.mil/FT/> or call 846-1102.

★ Lockers going away

Anyone with items in a locker in either fitness center needs to go there immediately. The lockers are being replaced.



Photo by Dennis Carlson

Double Duty

By day, Staff Sgt. Jon Howard works in the training section of the 377th Security Forces Squadron. By night you can find him guarding the net of the New Mexico Lobos hockey team as not only their goalie, but the oldest player on the team. University of New Mexico plays the Air Force Academy tomorrow night at 5 p.m. at the Outpost Ice Arena. Spectators with a military identification card get in free.

Lobo Hockey



Photo by Lisa Gonzales

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★ Ride of Your Life

Be a part of Air Force Cycling in the "Go for the Ride of Your Life."

You can win T-shirts, caps, towels and water bottles.

Pickup a mileage card at the East Fitness Center.

Call 846-1068 or 846-1102.

★ Run for Your Life

The East Fitness Center holds the "Run for Your Life" program. Participants are authorized three miles a day. Incentive prizes are given out for miles accumulated.

Call 846-1102.

★ Big Guns Club

Be a part of the Big Guns Club. To qualify, you must be able to complete 74/30 (male/female) push-ups, 20/2 pull-ups and bench press your weight and a half for men and bench press your weight for women.

Call 846-1102.

★ Big Guns Club II

Phase II of the Big Guns Club requires male participants to do 50 dips, shoulder press body weight and preacher curl 65 percent of body weight.

Females must be able to do 25 dips, shoulder press 50 percent of their body weight and preacher curl 35 percent of their body weight.

All participants must have first completed phase I.

Call 846-1102.